

# LCN Connections

## The Monroe Institute Local Chapter Network

### TMI LCN Chapter Appleton WI.

As I was updating our [MeetUp](#) page for TMI Wisconsin recently, I decided to read the comments local chapter meeting participants had left during the past two years. They reminded me why we do this work of coming together in our local chapters throughout the world to share our deep curiosity about consciousness.

One person writes, "Awesome meeting! I'm so glad that the Monroe Institute has helped establish local chapters where we can actively bring Bob Monroe's work to many more people." Another expressed, "I am delighted with the sense of safety, honesty and community we are creating. There is a great energy and openness, and the group has a loving and accepting spirit. Perfect environment for ex-

ploring experiences that are at the limits of our conventional understanding."

In May of 2010 I was flying home from Guidelines and feeling the usual combination of elation and grief that was a typical

**"There is a great energy and openness, and the group has a loving and accepting spirit."**

post TMI experience for me. Elation from the direct connection with spirit that seems to define my time at the Institute and grief at having to once again leave the good company of so many people in one space who seemed to speak my language, and knowing I would not have a chance to make similar connections for another year or two when I would

be able to return for another program.

Shortly thereafter, I made an easy decision to start TMI Wisconsin in the hope that I could somehow foster those connections at home and introduce others to The Monroe Institute and a technology path that has literally changed my and my family's life. So in September of that same year after setting up a [MeetUp](#) site and gathering a few friends together we had our first meeting.

I had few expectations for that inaugural meeting, so what has unfolded over these last two years easily exceeded them. Primarily by word of mouth, we've attracted about two new people per month such that our membership now exceeds eighty people!

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**November 2012**

**Volume 1, Issue 5**

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**Special points of interest:**

- Book Review. *Journey of Souls*
- Hemi-Sync® . *Manifesting With Hemi-Sync®*
- Thrive, what on earth will it take.
- Robert A Monroe in Clay.
- A Tribute to Patrice Dickey

### Be Brave Be Happy - Josh Langley

It's time to be brave. It's time to stop looking 'out there' for happiness and start to look inside yourself as that's where you'll discover the potential for real peace of mind lies.

It's about finding happiness in the unconventional, in the bits that we don't like about ourselves, in the places that scare us and in the realization that we are ultimately responsible for

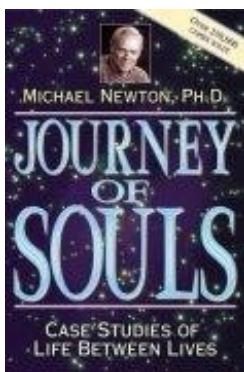
our own happiness, not anyone or anything else.

**"It's about finding happiness in the unconventional..."**

And the best discovery is that everything you don't like, don't want or can't stand about yourself can be a catalyst for deeper understanding and eventual happiness. You are

perfectly poised to be happy, you already have everything you need, you just don't realise it. We're too busy living our so called important lives that we miss everything, miss nature's little gems of wonder and joy, miss the mini personal discoveries, miss those 'aha' moments of inspiration and sadly we end up missing ourselves. Cont. Pg. 7

# Journey of Souls - Michael Newton Ph.D.



Case studies of life between lives. A must read for anyone interested in afterlife experiences.

This remarkable book uncovers for the

first time the mystery of life in the spirit world after death.

Dr Michael Newton has developed his own hypnosis technique to reach his subject's hidden memories of the

hereafter.

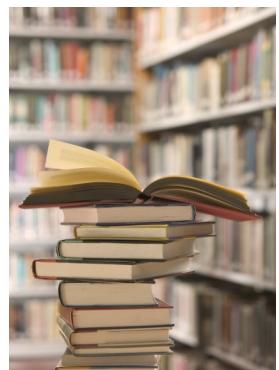
While in deep hypnosis, the subjects movingly describe what happened to them between lives. They reveal

**"Then I stumbled on to a discovery of enormous proportions. I found it was possible to see into the spirit world through the mind's eye of a hypnotized subject..."**

graphic details about what the spirit world is really like, where we go and what we do as souls, and why we come back in certain bodies. After

reading "Journey of Souls", you will acquire a better understanding of the immortality of the human soul. Plus, you will meet day-to-day personal challenges with a greater sense of purpose as you begin to understand the reasons behind events in your own, life.

First published in 1994, it is now considered a classic in the field.



## Excursion Workshops - See pg. 13 for more about Excursions

### TMI Excursion Workshop New River Valley, VA

Date: November 10th – 11th 2012  
Contact: Ellen Jones-Walker  
For information email Ellen:  
[ejones@swva.net](mailto:ejones@swva.net)  
This is an official accredited TMI Outreach Program

### TMI Excursion Workshop Huntsville, AL (Gurley)

Date: November 17th – 18th 2012  
Contact: Allyn Evans  
Click this [LINK](#) for workshop details  
This is an official accredited TMI Outreach Program

### TMI Excursion Workshop Brooklyn, NY

Date: November 10th – 11th 2012  
Contact: Heather Alfano  
For information email Heather:  
[hmalfano1977@yahoo.com](mailto:hmalfano1977@yahoo.com)  
This is an official accredited TMI Outreach Program

## 2012 Solstice Excursion Workshop

Ellijay, Georgia  
[80 miles northwest of Atlanta GA]  
Thursday–Sunday  
December 20th–23rd, 2012

Want to do something really special and different for yourself to celebrate this year's solstice? Can you think of a better way to begin the new year/age than by connecting with your higher consciousness? It is even more powerful when the experiences are shared with other like-minded people. Add to that the spiritual energies of the ancient Blue Ridge

Mountains and you have the makings of a memorable experience to say the least.

We stay in a rustic log cabin located high on a mountain ridge about 10 miles north Ellijay, Georgia. For a complete description of the cabin go to:

### [The Bears Den](#)

We arrive by Thursday evening, December 20th. Friday and Saturday are our Excursion and Discovery days. The weekend ends Sunday morning after breakfast.

Class size is a minimum of 4, maxi-

mum of 8 people.

Tuition and board are \$350 per person with payments due no later than December 10, 2012. Wait to make any deposits or payments until December 1<sup>st</sup> but contact me by email if you want to be put on the list for this workshop. [elissa@spiritleap.com](mailto:elissa@spiritleap.com)

Join me for a profound experience of spiritual growth, discovery and empowerment. Discover the Limitless You!

More details on the Excursion Workshop are found at [www.spiritleap.com](http://www.spiritleap.com)

# A Tribute to Patrice Dickey - Farewell to a Shining Light



As I was writing my original tribute to Patrice I could feel her over my shoulder. I found myself talking to her and it seemed so much more honest than

what I was writing so I decided to write to her rather than about her. Patrice hosted our chapter meetings in Atlanta from the beginning. As an Outreach facilitator I supplied the wireless headsets and my support. We have worked together for four years.

Dear Patrice

*Do you remember the first time we met? Paul Rademacher had come to town and Shaye Hudson had gathered a modest group of TMI graduates to meet with him and talk about setting up local chapters. You, my dear, were brimming over with life and enthusiasm. Wow! It was obvious that you loved TMI and wanted to help in any way you could. It was no surprise when you volunteered to host the meetings.*

*Your home was always warm and cozy, an environment that inspired intimacy*

and sharing. When we started in 2008 you had lost your hair from chemotherapy. I never knew when I arrived at your house which of your colorful and interesting wigs you would be wearing. Even while battling cancer you kept your sense of humor. The important thing was that we were together celebrating Bob Monroe's work. You made that clear. You always kept us on track. Your straight forward, to the point manner was refreshing.

*After a few years of meetings practically every month we became friends and you were an amazing friend, a cheerleader but brutally honest when I needed it. You supported my work and helped me put together an Outreach in Atlanta, and you even attended it. You were the first to give examples of how you use the TMI tools in your life. You valued them so highly.*

*Your fearlessness was an example to me, of someone who lived right smack in the middle of life! When you "magically manifested" several thousand dollars for your trip to China, you did it with such confidence and ease. You made it look so simple. Just listen to Joe Gallenberger's Manifesting CD, pay attention to the signs and take action. When you put your mind to something, watch out! You even did death on your terms. When you went into Hospice in the evening you told the nurse that you wanted to go in*

*your sleep, and 12 hours later you did just that, a perfect exit.*

*The other day I was driving into town and thinking how grateful I was to have known you. I glanced to my left and saw a placard I had never seen before, and mind you I've driven that route more times than I can count. It was bright yellow, right off the road and said "Dickey's BBQ". I knew it was a sign you had heard my thoughts and I laughed.*

*Thank you Patrice for being a part of my life and a part of the TMI family. I love you and You will always be my inspiration. Feel free to visit any time.*

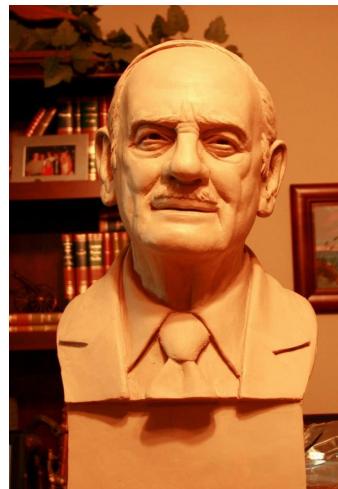
Diane Waybright



## Robert A. Monroe in Clay

This amazing bust of Bob was sculptured by Shawn Aaron Phillips, who is a member of the Tulsa, Oklahoma Local Chapter. It is constructed from an oil based clay called "J-Mac Classic Clay". Oil based clays are different from water based clays, instead of firing the clay, you simply make a rubber mould of the sculpture itself. This can later be poured in basically any material (plaster, bronze, fibreglass, or even marble powder). 100 copies of the piece can be made from one rubber mould, unless of course

the sculpture was meant to be one of a kind. After the rubber mould is made, the clay can then be cut up and reused. Since its not water based it never dries out. The clay is hard when cool, and softens when heated. The bust took Shawn 30 hours to complete, (working a few hours daily). Working from 3 photos of Bob at different ages he chose an age which he thought best represented Bob in terms of his work with The Monroe Institute. Shawn hopes that he was able to capture the twinkle in his eyes or the slight part of his lips as he smiled.



# LCN Chapter Directory - US Regions

## Region 1 – New England

### *Auburn, ME*

Contact: **CL** Sue Jordan  
[SueWinterJordan@yahoo.com](mailto:SueWinterJordan@yahoo.com)

### *Camden, ME*

Contact: **CL** CJ Kenna  
[cj@rockthepath.org](mailto:cj@rockthepath.org)

### *New England, CT, ME, RI*

Contact: **CL** David Baird  
[dbaird@msn.com](mailto:dbaird@msn.com)

### *Redding, CT*

Contact: **CL** Margo Gross  
[margo174@optonline.net](mailto:margo174@optonline.net)

## Region 2 – Northeast

### *New York, NY*

Contact: **CL** Allison Moore  
[amoore@nyc.rr.com](mailto:amoore@nyc.rr.com)

### *New York, NY*

Contact: **CL** Shanon B Chanler  
[ShannonPinckneyLAC@gmail.com](mailto:ShannonPinckneyLAC@gmail.com)

### *Philadelphia, PA*

Contact: **CL** Martha Monroe  
[mmonroe001@comcast.net](mailto:mmonroe001@comcast.net)

Contact: **CL** Robert Potter  
[ropotter500@gmail.com](mailto:ropotter500@gmail.com)

### *Wilmington, DE*

Contact: **CCL** Steve Winchester  
[swin2012@comcast.net](mailto:swin2012@comcast.net)

## Region 3 – Mid Atlantic

### *Gladstone, VA*

Contact: **CCL** Jennifer Sherwood  
[path2selfdiscovery@gmail.com](mailto:path2selfdiscovery@gmail.com)

### *Lynchburg, VA*

Contact: **CCL** Eben Alexander 111  
[ealexanderiii@earthlink.net](mailto:ealexanderiii@earthlink.net)

### *McClean, VA*

Contact: **CCL** Parvin Soltani  
[parvinsoltani@aol.com](mailto:parvinsoltani@aol.com)

### *Midlothian, VA*

Contact: **CCL** Donna Adams  
[donnaadams@comcast.net](mailto:donnaadams@comcast.net)

### *New River Valley, VA*

Contact: **CCL** Tip Walker  
& Ellen Jones-Walker  
[cwalker@swva.net](mailto:cwalker@swva.net)

### *Palm Coast, FL*

Contact: **CL** Patricia Hale  
[PHale0913@aol.com](mailto:PHale0913@aol.com)

### *Raleigh, NC*

Contact: **CCL** Dawn Tobin  
[lightworkerdawn@humiluminous.com](mailto:lightworkerdawn@humiluminous.com)

### Meetup Group Link

### *Sandy Springs Atlanta, GA*

Contact: **CCL** Elissa MacLachlan  
[elissa@spiritleap.com](mailto:elissa@spiritleap.com)

### *Tampa Bay Area, FL*

Contact: **CCL** Steve DerDerian  
[TempleMound@live.com](mailto:TempleMound@live.com)

## **CCL – Certified Chapter Leader**

## **CL – Chapter Leader**

## Region 4 – Southeast

### *Amelia Island, FL*

Contact: **CL** Don & Cindy Murphy  
[domehealingcenter@gmail.com](mailto:domehealingcenter@gmail.com)

### *Atlanta, GA*

Contact: **CL** Shaye Hudson  
[shaye.hudson@gmail.com](mailto:shaye.hudson@gmail.com)

### *Birmingham, AL*

Contact: Ed Orth  
[eorth@charter.net](mailto:eorth@charter.net)

### *Boynton Beach, FL*

Contact: **CCL** Beatriz Cymberknopf  
[binaazjz@gmail.com](mailto:binaazjz@gmail.com)

### *Naples, FL*

Contact: **CCL** Tony Eller  
[TonyEller@aol.com](mailto:TonyEller@aol.com)

Contact: Candie Sanderson  
[TMI.Naples@gmail.com](mailto:TMI.Naples@gmail.com)

### *New Smyrna Beach, FL*

Contact: **CCL** George & Peggy Painter  
[georgepainter@cfl.rr.com](mailto:georgepainter@cfl.rr.com)

### *Ocala, FL*

Contact: **CCL** Jean McDoniels  
[Ocalalight@aol.com](mailto:Ocalalight@aol.com)

### *Orlando, FL*

Contact: **CCL** Michael Velasquez  
[hemisynclasses@aol.com](mailto:hemisynclasses@aol.com)

Contact: **CCL** Derek Simons  
[derekSimons1@gmail.com](mailto:derekSimons1@gmail.com)



## Denotes a New Chapter

## Region 5 – Upper Midwest

### *Appleton, WI*

Contact: **CCL** Laurin Bellg  
[laurinbellg@att.net](mailto:laurinbellg@att.net)

### Meetup Group Link

### *Chicago, IL*

Contact: **CCL** Scott Desgrosselliers  
[Scott@themeditationmind.com](mailto:Scott@themeditationmind.com)

### Meetup Group Link

### *Cincinnati, OH*

Contact: **CCL** Andrea Berger  
[aberger@cinci.rr.com](mailto:aberger@cinci.rr.com)

### Meetup Group Link

### *Detroit, MI*

Contact: **CL** Rebecca Brown  
[elrebrown@yahoo.com](mailto:elrebrown@yahoo.com)

### Meetup Group Link

### *Muncie, IN*

Contact: **CL** Brad Southwick  
[bsouthw915@aol.com](mailto:bsouthw915@aol.com)

### Meetup Group Link

## Who Can Start a Local Chapter?

Attendees of a two-day Excursion Workshop or a six-day residential program at The Monroe Institute (TMI) are eligible to start a Local Chapter (LC). You will work with the Regional Coordinator in your area to help you get started. They will support you in establishing a local network regardless of your experience.

To get started follow the [link](#) and complete the form.

# LCN Chapter Directory - US Regions (cont)

## Region 6 - Southwest

### *Austin, TX*

Contact: **CCL** Bob Marshall  
[TMI.Austin@gmail.com](mailto:TMI.Austin@gmail.com)

### *Dallas, TX*

Contact: **CL** Luis Hernandez  
[luisfhc@live.com](mailto:luisfhc@live.com)

### *Houston, TX*

Contact: **CCL** Beth Vaughan  
[bethsrt@hotmail.com](mailto:bethsrt@hotmail.com)

### Meetup Group Link

### *Oklahoma City, OK*

Contact: **CL** Chris Nance  
[yeshua2000@yahoo.com](mailto:yeshua2000@yahoo.com)

### Meetup Group Link

Contact: **CCL** Allyn Evans  
[TMIcommunity@yahoo.com](mailto:TMIcommunity@yahoo.com)

### *San Antonio, TX*

Contact: **CCL** Keith Gunnell  
[TMI-SanAntonio@hotmail.com](mailto:TMI-SanAntonio@hotmail.com)

## Region 7 - Midwest

### *Iowa City, IA*

Contact: **CCL** Karl Boyken  
[tmiiowacity@gmail.com](mailto:tmiiowacity@gmail.com)

### Facebook Page Link

## Region 8 - Rocky Mountain

### *Boulder/Denver, CO*

Contact: **CCL** Matthew Joyce  
[matthew@higherselfguides.com](mailto:matthew@higherselfguides.com)

### *Crawford, CO*

Contact: **CCL** Cindy Lyn Bartholome  
[hbcgreetings@aol.com](mailto:hbcgreetings@aol.com)

### *Salt Lake City, UT*

Contact: **CL** Travis Woodward  
[travis.woodward@gmail.com](mailto:travis.woodward@gmail.com)



## Region 9 - Western Region

### *Phoenix, AZ*

Contact: **CL** Howard & Deborah Patterson  
[hpatterson@sonoranaudio.com](mailto:hpatterson@sonoranaudio.com)

### Meetup Group Link

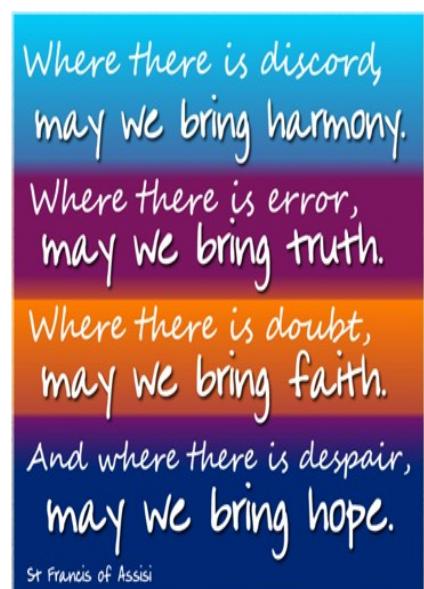
## Region 10 - Pacific Northwest

### *Columbia City, OR*

Contact: **CL** Renee Menchen  
[menchen@comcast.net](mailto:menchen@comcast.net)

### *Portland, OR*

Contact: **CCL** Alpesh "Al" Parikh  
[Alpesh\\_writer@yahoo.com](mailto:Alpesh_writer@yahoo.com)



If your chapter is not included in this list, or the details are not correct, please let us know so the details can be included in the next issue.

## Region 11 - California

### *Alameda, CA*

Contact: **CL** Bruce Kallsen  
[bkallsen@gmail.com](mailto:bkallsen@gmail.com)

### *Beverly Hills, CA*

Contact: **CL** Jeanne Mount  
[jgriffinlion@yahoo.com](mailto:jgriffinlion@yahoo.com)

### *El Dorado, CA*

Contact: **CCL** Duncan MacVean  
[dm95623@gmail.com](mailto:dm95623@gmail.com)

### *Modesto, CA*

Contact: **CL** Kari Boltwood  
[karialane@comcast.com](mailto:karialane@comcast.com)

### *Monterey, CA*

Contact: **CCL** Kathy Streletzky  
[TMIExcursion@gmail.com](mailto:TMIExcursion@gmail.com)

### *Newport Beach, CA*

Contact: **CL** Walter Dietiker  
[wdietiker1@yahoo.com](mailto:wdietiker1@yahoo.com)

### *Citrus Heights, CA*

Contact: **CL** Griffin Toffler  
[griffin@livingdiamond.net](mailto:griffin@livingdiamond.net)

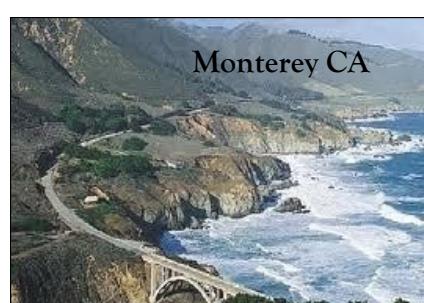
### *Strathmore, CA*

Contact: **CL** Louise Fisher  
[flfish@citrusmom.com](mailto:flfish@citrusmom.com)

### *San Diego, CA*

Contact: **CCL** Fred Rible  
[f\\_rybul@yahoo.com](mailto:f_rybul@yahoo.com)

Contact: **CL** Mary Giovaniello  
[popazza@sbcglobal.net](mailto:popazza@sbcglobal.net)



## TMI LCN Chapter Appleton WI. (cont.)

What the core charter group has realized with awe, is that it literally has nothing to do with us and everything to do with the hunger and intense curiosity people have about connecting with and exploring who we really are and what we are capable of.

We started with a monthly Saturday meeting, and have expanded since our inception to three meetings a month. This has been possible as two other members stepped forward to become chapter leaders as well. This has offered us the luxury of being able to rotate facilitation roles so that we are also able to be participants. I feel particularly fortunate that my husband, Al Bellg, who is also involved in the TMI Professional Division, has stepped forward as one of the chapter leaders.

Eric Roycraft, the other of our chapter leaders, interestingly has been doing Hemi-Sync since the mid 1980s when he participated in a regional outreach workshop in Green Bay, Wisconsin featuring Human Plus. In fact, our third monthly meeting that we just added in August focuses specifically on Human Plus. Eric leads us through a Human Plus exercise, which we listen to over wireless headphones while relaxing in beanbag chairs. After receiving the function-specific encoding we set forth to apply it in our daily lives then return a month later to discuss the results. It's a new concept to do this as a Local Chapter, but the

preliminary results are pretty exciting!

One thing that has happened that I really did not anticipate, but have been so touched by, is the real sense of community and level of involvement in TMI that has developed among the membership. When Paul Rademacher, former executive director of The Monroe Institute, went on his speaking tour we invited him to come to Wisconsin. In October of 2011, the members of TMI Wisconsin really stepped forward to arrange several high-profile speaking engagements for Paul – including our local university – and did everything from publishing and distributing advertisement from their own resources to providing refreshments and transportation.

Several members have been inspired by local chapter meetings to go to Virginia for residential programs and some have stepped forward to become more involved with the work of the Local Chapter Network itself. Janet Stratton did all of the formatting for the recent revision of the Handbook, created several power point presentations that we were able to use at this past LCN Retreat, including an inspirational [video montage](#) of the history of the LCN. She also recently stepped forward to fill a crucial need to become a back up regional coordinator to step in when current regional coordinators are on vacation. She volunteered hours of her own time working with Beth Vaughan and Candie San-

derson to receive the necessary training to assume this role.

So two years later I look in awe at the group that initially began because I wanted to find people of like mind in my own area and realize that it is very much moving forward on its volition. I think it has happened that way because the TMI local chapter format is uniquely qualified to feed and inspire people who are passionate about consciousness exploration and are eager to connect with others who feel the same.

We recently had a two-year anniversary party, complete with a TMI logo cake. As I looked around the room at those who had gathered that day, some of whom had shared the quotes above, I realized I felt every bit of the elation I always bring back with me from the Institute and none of the grief of leaving people who share my interest in consciousness exploration.

*Laurin Bellg*



## Changing of The Guard - Mid Atlantic Region 3

The Mid-Atlantic Region (Region 3), which comprises Delaware, the District of Columbia, Maryland, Virginia, and West Virginia, has recently seen a smooth transition in Regional Coordinators from Deryn Winchester to Ellen Jones-Walker and Tip Walker. Deryn is entering a new chapter in her life, and Tip and myself are excited about continuing the efforts to support local chapter leaders in Region 3 as well as helping

interested individuals find existing chapters, establish new ones, or meet up with like-minded consciousness explorers.

Deryn happily searched out her replacement because she had fallen in love with and married a fellow LCN Regional Coordinator, Steve Winchester. The newlyweds are now in the process of moving across the country to Arizona. Deryn continues to serve as the Regional Coordinator

for Region 1 (New England) and collaborates with Steve who is the Regional Coordinator for Regions 2 and 9 (Northeast and Western).

When the LCN was started, Deryn (then Deryn Semmes) became the first Regional Coordinator for Region 3. Since Deryn lived in Virginia, she was able to actually meet with most of her LCN chapter leaders.

Cont. Pg. 8

# Be Brave Be Happy - Josh Langley (cont. from pg 1)

However, first you have to be curious enough to want to take a journey like this, to stop and notice what's going on around you and inside you, to understand the connection between your thoughts and what kind of life you're living now. There are risks however, say if you suddenly go from being a mildly melancholic introvert to someone who realizes their life is wonderful and walks around with a big smile on their face, they might lose a few friends and might even seem unrecognizable to themselves!

How prepared are you to let go of old negative habits and conditioning? How brave are you to boldly say "I'm going to be happy regardless of

what anyone else thinks!"? Could you really look at your overweight body and say 'I love you'?

The process is easy to start and when done seriously, can be a wildly excit-

ing ride of inner exploration that's infinitely more interesting than any reality show on TV.

## "How prepared are you to let go of old negative habits and conditioning?"

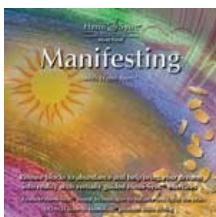
The "5 Tips for an Exciting Inner Journey" below, are a great start on the journey to happiness and with curiosity and gentleness you can

make this a life's habit and the best aspect is that everyone, even the planet, can enjoy the benefits.



Josh Langley is a freelance writer and author and illustrator of spiritual / inspirational cartoon books for all ages. Josh turned to writing and illustrating while on a search to find personal evidence of the afterlife. He discovered that by investigating death, he learned how to enjoy life.  
[www.frogandthewell.com](http://www.frogandthewell.com)  
[www.facebook.com/frogandthewell](http://www.facebook.com/frogandthewell)

## Manifesting with Hemi-Sync®



Greatly enhance your ability to manifest positive elements in your life. Conscious manifestation is not as simple as

thinking about whatever you want and it will come true. The manifesting process involves all parts of us—as well as energies outside of us—and is most effective and rewarding when we have an open heart and a greater understanding of the process.

Using his expertise, Joe Gallenberger, Ph.D., has created verbally guided exercises, combined with Hemi-Sync® frequencies, to expand your awareness and energy in creating new or enhanced patterns that you may desire.

Another title by Joe Gallenberger Ph.D. is [Partners Meditation](#)

**Manifesting with Hemi-Sync® features 2 CDs; one is an overview from Dr. Gallenberger about the manifesting process; the other has two verbally guided exercises.**

To watch a video from Joe Gallenberger click [HERE](#)

For more information visit Joe's website. [www.SyncCreation.com](http://www.SyncCreation.com)



## Be Brave Be Happy - 5 Tips for an Exciting Inner Journey

### Here's a way to get started.

1. Ask yourself "What's going on?" This simple question opens up a myriad of other questions and allows space for the Universe to start sending you some incredible answers. Be warned though, you may get some answers you don't like but that's a good sign the process is working.
2. Notice everything. Walk around with all your senses open and really notice life. You'll be amazed at the little things that you used to ignore before, like a flower growing in a con-

crete car park, etc.

3. Notice the voice in your head (your internal dialogue). Especially notice how you talk about yourself to yourself. It's amazing how often we put ourselves down just out of pure habit! Just noticing the voice and realising you can change what it says can bring tremendous freedom. Yay!
4. Avoid saying 'I wish this wasn't happening' or 'I wish this was different'. When you wish something to be different than what it is, you actually reinforce it and create more resistance and pain. Let go of the resis-

tance and watch the situation amazingly change.

5. Be gentle on yourself and the world around you. You are a wonderful amazing person complete with all your so called faults, insecurities, flaws and defects. You are perfect the way you are where nothing **needs** to be changed. After gentle observation, you may decide to make changes, but that'll be your fully conscious choice and no one else's.

Be brave be happy. — **Josh Langley**

# LCN Chapter Directory - International Regions

## International Region 1 – North America

### *Calgary, Canada*

Contact: **CCL** Beth Haley  
[bethhaley@gmail.com](mailto:bethhaley@gmail.com)

<http://www.meetup.com/TMI-Calgary/>

### *St Paul, Canada*

Contact: **CL** Jim Szpajcher  
[Mudman1@telus.net](mailto:Mudman1@telus.net)

## International Region 2 – Latin America

### *Rio de Janeiro, Brazil*

Contact: **CCL** Deborah Sachs  
[desachs@attglobal.net](mailto:desachs@attglobal.net)

### *San Juan, Puerto Rico*

Contact: **CCL** Carmen Montonto  
[academiamc2@gmail.com](mailto:academiamc2@gmail.com)

## International Region 4 – Japan

## International Region 5 – Asia

## International Region 6 – Africa

## International Region 7 – Australia

### *Gold Coast, Queensland*

Contact: **CCL** Gwen Jones  
[jonesgwen@msn.com.au](mailto:jonesgwen@msn.com.au)

### *Melbourne, Victoria*

Contact: **CCL** Irene Blanck  
[blanck@internode.on.net](mailto:blanck@internode.on.net)

### *Perth, Western Australia*

Contact: **CCL** Elaine Bowes-Lamb  
[tmi Perth and Regions wa@gmail.com](mailto:tmi Perth and Regions wa@gmail.com)

## Changing of The Guard - Mid Atlantic Region 3 (Cont)

For Deryn the best part of being a Regional Coordinator is communicating with the people who are interested in expanding their consciousness and knowing in some way she is assisting them with making their lives better. She loves “getting it out there.”

One of Deryn’s happiest moments this past year was to connect the Veterans Affairs Office with The Monroe Institute. Bob Holbrook, TMI’s Assistant Director of Technology, is currently communicating with the VAO to explore ways to help

soldiers.

Tip and myself live in rural southwestern Virginia, are also committed to “getting it out there” and enjoy speaking to groups and individuals about TMI. Having benefited immeasurably from their own transformational experiences at TMI (nine residential programs), we decided to become TMI Outreach Facilitators so that we could offer other people opportunities to explore consciousness and enrich their lives. In addition to offering Excursion Workshops, Tip and I also

## International Region 3 – Europe

### *Macclesfield, England*

Contact: **CL** Richard Northwood  
[richnorthwood@tiscali.co.uk](mailto:richnorthwood@tiscali.co.uk)

### *London, England*

Contact: **CL** Michael Fasani  
[michaelfasani@gmail.com](mailto:michaelfasani@gmail.com)

### *Barford, England*

Contact: **CL** William Lamb  
[tminorfolkandsuffolk@gmail.com](mailto:tminorfolkandsuffolk@gmail.com)

### *Paris, France*

Contact: **CCL** Nelly Jolivet  
[n.jolivet@yahoo.com](mailto:n.jolivet@yahoo.com)

### *Cluj, Romania*

Contact: **CCL** Petru Stetiu  
[anapes@clicknet.ro](mailto:anapes@clicknet.ro)

## Satu Mare, Romania

Contact: **CCL** Ritta Nicoara  
[rittanicoara@yahoo.com](mailto:rittanicoara@yahoo.com)

## Bucharest, Romania

Contact: **CL** Marilena Ionescu  
[marilenaionescu@gmail.com](mailto:marilenaionescu@gmail.com)

## Muiderberg (NH), Netherlands

Contact: **CL** Joop de Jong nelly J  
[joopde\\_jong@hotmail.com](mailto:joopde_jong@hotmail.com)

## Noord Brabant, Netherlands

Contact: **CL** Leidi Haaijer  
[info@hemisound.nl](mailto:info@hemisound.nl)

## Switzerland

Contact: **CCL** Peter Renner  
[peter@tmi-zurich.ch](mailto:peter@tmi-zurich.ch)



Carol Sabick de la Herran,  
TMI President & Executive  
Director

give a range of personal/spiritual development workshops incorporating Hemi-Sync. Recently, we established the TMI-New River Valley Local Chapter which has brought together an enthusiastic group of consciousness explorers. Tip and I are also members of the TMI Professional Division and the Dolphin Energy Club. As the new Regional Coordinators, we are excited about supporting and expanding the LCN in the Mid-Atlantic Region.

Ellen Jones-Walker

# LCN Virtual Corner

Welcome to the "LCN Virtual Corner". This is a new addition to the newsletter and will become a regular feature with information about what is happening virtually in the LCN community.

## What's in the pipeline:

- **Meet Your Regional Coordinator conference calls:** This will kick off with Diane Dyann the Regional Coordinator of Region 11, California in November 2012. Email her at [dianedyannTMI@aol.com](mailto:dianedyannTMI@aol.com). A great opportunity for all LCN members in California to call in, put a voice to a name, ask questions and get addi-

tional information from their Regional Coordinator.

### • Joint Regional Coordinators & Chapter Leaders conference call:

These will be every other month, starting with Wednesday December 5th. Details and instructions will be sent out before the scheduled meeting.

### • Conference Calls with a Guest Speaker:

We are currently approaching interesting authors and/or experts in their fields to participate in monthly calls. Each month would have one speaker who will talk on a subject with a question and answer period after the talk. We will advise

you of the schedule and instructions on how to connect when we have more details.

We will be using FreeConferencing.com for this and connection to the call can be via Skype or phone.

Lastly, we are asking for volunteers with the experience and the expertise to monitor some of these calls to assist the LCN Leadership Council in these tasks.



## Thrive - What on Earth Will it Take



Both Foster & Kimberly Gamble have been to The Monroe Institute, albeit 30 years apart. Beth has recorded an interview with Kimberly, which is on FreeConferencing.com. To listen to the interview select this [LINK](#).

**LOS ANGELES (July 2012) -** Following a non-traditional, online, worldwide release on 11/11/11, over 6 mil-

lion people have already seen THRIVE to overwhelmingly positive reviews. This provocative documentary film is the result of decades of research by Foster Gamble, of Procter and Gamble decent, and his wife Kimberly Carter Gamble. Early on in life Foster set out to answer some fundamental questions about the striking imbalances he witnessed all around him. *THRIVE: WHAT ON EARTH WILL IT TAKE?* lifts the lid on a Pandora's box of systemic issues that are literally ruining billions of lives and then goes in depth into practical and profound

solution strategies.

Links mentioned in the interview.

The first is the [Thrive Movie](#)

The [Kototamo Chant—Jack Wada](#)

Email: [info@thrivemovement.com](mailto:info@thrivemovement.com)



## TMI Out of Body Experience Group – Facebook Page

For everyone who is interested in Out of Body Experiences (OBE), there is a Facebook page set up by Chris Nance the LCN Regional Coordinator for Region 6, where you can chat to other members and present questions to the group.

To access the page click on this [LINK](#)

**William Buhlman**, author of "Adventures Beyond the Body" is a member and regularly contributes with thought provoking and interesting posts. He also conducts a 6 day residential program at the Monroe Institute, titled "Out-of-Body Explor-

ation Intensive" for details click on this [LINK](#)

**"Over 20 years ago, when I first heard of the strange phenomenon, I didn't think that out-of-body experiences really existed."**

**William Buhlman**

A conference call with the group and other interested LCN members has been scheduled for December 14th at 7.00pm central time. This will be the second conference call and this time we have a guest speaker, **William Buhlman**.

**Mark your diaries now.**

**See Facebook Page for details of how to access the conference call**



William Buhlman

# LCN Regional Coordinators - US Regions

## Region 1 - New England

Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont

Deryn Winchester

[derynwinchester@gmail.com](mailto:derynwinchester@gmail.com)

**"Be kind, whenever possible.**

**It is always possible."**

**Dalai Lama**

## Region 2 - Northeast

New York, New Jersey, and Pennsylvania

Steve Winchester

[swin2012@comcast.net](mailto:swin2012@comcast.net)

## Region 9 - Western

Arizona, Hawaii, Nevada, American Samoa, Commonwealth of the Northern Mariana Islands, Federated States of Micronesia, Guam, Marshall Islands, and Republic of Palau, New Mexico

Steve Winchester

[swin2012@comcast.net](mailto:swin2012@comcast.net)

## Region 10 - Pacific Northwest

Alaska, Idaho, Oregon, Montana and Washington

## Region 3 - Mid Atlantic

Delaware, District of Columbia, Maryland, Virginia, and West Virginia

Tip Walker & Ellen Jones-Walker  
[cwalker@swva.net](mailto:cwalker@swva.net)

## Region 4 - Southeast

Alabama, Florida, Georgia, Mississippi, North Carolina, South Carolina, Tennessee, the Virgin Islands

George Painter

[georgepainter@cfl.rr.com](mailto:georgepainter@cfl.rr.com)

## Region 5 - Upper Midwest

Illinois, Indiana, Kentucky, Michigan, Minnesota, Ohio, and Wisconsin

Andrea Berger [ABerger@cinci.rr.com](mailto:ABerger@cinci.rr.com)

Regional Advisor: Gary Powell,  
[powellgy@mac.com](mailto:powellgy@mac.com)

## Region 6 - Southwest

Arkansas, Louisiana, Oklahoma, and Texas

Chris Nance [yeshua2000@yahoo.com](mailto:yeshua2000@yahoo.com)

## Region 7 - Midwest

Iowa, Kansas, Missouri, and Nebraska

Karl Boyken [tmiiowacity@gmail.com](mailto:tmiiowacity@gmail.com)

## Region 8 - Rocky Mountain

Colorado, North Dakota, South Dakota, Utah, and Wyoming

Cindy Lyn Bartholome

[cindlyn@ymail.com](mailto:cindlyn@ymail.com)

## LCN Membership Discounts

\$300 off one Residential Program annually for Regional Coordinators.

\$200 off one Residential Program annually for Certified Chapter Leaders.

\$100 off one Residential Program annually for Chapter Leaders.

*Please note these discounts only apply to 6 day residential programs and are only available at TMI Virginia & TMI organized programs in California.*

# LCN Regional Coordinators - International Regions

## Region 1 - North America

Canada, Beth Haley

[BethHaley@gmail.com](mailto:BethHaley@gmail.com)

Regional Assistant: Tim Cayzer  
[curiousdiscer@gmail.com](mailto:curiousdiscer@gmail.com)

## Region 2 - Latin America

Brazil, Deborah Sachs  
[desachs@attglobal.net](mailto:desachs@attglobal.net)

Puerto Rico, Carmen Montonto  
[academiamc2@gmail.com](mailto:academiamc2@gmail.com)

## Region 3 - Europe

Thomas Hasenberger  
[ht@thomashasenberger.com](mailto:ht@thomashasenberger.com)

Cyprus, Linda Leblanc  
[psygnos@spidernet.com.cy](mailto:psygnos@spidernet.com.cy)

France, Nelly Jolivet

[n.jolivet@yahoo.com](mailto:n.jolivet@yahoo.com)

Greece,

Maria Xifara & Ioulia Pitsouli  
[xifaramaria@yahoo.gr](mailto:xifaramaria@yahoo.gr) or  
[miraclesynthesis@gmail.com](mailto:miraclesynthesis@gmail.com)

Italy, Stefano Roverso

[stefano.roverso@monroeinstitute.it](mailto:stefano.roverso@monroeinstitute.it)

Sweden, Carl Osterberg

[carl@humanawareness.se](mailto:carl@humanawareness.se)

The Netherlands,

Leidi Haaijer and Joop  
[info@hemi-sync.nl](mailto:info@hemi-sync.nl)

Spain, Arkaitz Eskarmendi

[earkaitz@gmail.com](mailto:earkaitz@gmail.com)

Romania, Ritta Nicoara

[rittanicoara@yahoo.com](mailto:rittanicoara@yahoo.com)

United Kingdom,

Luigi Sciambarella  
[luigi@monroeinstituteuk.org](mailto:luigi@monroeinstituteuk.org)

## Region 4 - Japan

Masamichi Sakamoto  
[massdl@pp.ijj4u.or.jp](mailto:massdl@pp.ijj4u.or.jp)

## Region 7 - Australia

Gwen Jones  
[jonesgwen@msn.com.au](mailto:jonesgwen@msn.com.au)

## Region 8 - India

Krish Chary  
[krcqimpro@yahoo.com](mailto:krcqimpro@yahoo.com)

# Are you a Leader? We need your help!

## VOLUNTEER POSITION:

### REGIONAL COORDINATORS FOR REGIONS in the US and INTERNATIONALLY:

We are looking for enthusiastic volunteers to be an integral part of the LCN team as a Regional Coordinator!

#### General Description

This volunteer position is responsible for planning, coordination and oversight of all LCN activities within the assigned region. This includes development of new and existing local chapters, providing support to chapter leaders in the

areas of facilitation, technology and communication.

#### Responsibilities

\*Maintains close contact with Lo-

**"We are looking for enthusiastic volunteers."**

cal Chapter leaders to provide guidance and support with regard to LCN activities, policies and to help address any issues that may arise.

\*Serves as the first point of contact for TMI graduates and non graduates seeking a chapter in the re-

gion.

\*Assists with local chapter development.

\*Plans and oversees all regional activities, including conferences, workshops, etc.

#### Knowledge, Skills and Abilities

\*Strong leadership and communication skills.

\*Commitment to TMI's and the LCN's mission.

\* Good computer skills & familiar in the use of Excel.

Please respond to Andrea Berger,  
[aberger@cinci.rr.com](mailto:aberger@cinci.rr.com)

## TMI Program Schedule

Are you interested in participating in one of the 6 day residential programs at TMI?

Full details of programs held at Virginia, across the US and around the world are located on the TMI website at the following link:

[www.monroeinstitute.org/program-dates/](http://www.monroeinstitute.org/program-dates/)

Human consciousness is evolving, awakening to the discovery of Self.

All of us are participants in the evolution of consciousness, the next great leap for humanity. We perceive ourselves to be more than just our physical bodies. We are

**"We marvel at the wonder of an emerging perception of reality that has been waiting for us to realize all along."**

connected to the universe through nonphysical dimensions and a holographic matrix of timeless information. Life itself is not something physical and death something spiritual. For us, life's experiences have taken on a new significance. We marvel at the wonder of an emerging perception of reality that has been here waiting for us to realize all along.

## Outreach - Excursion Workshops

The basic Outreach program is a weekend workshop called the Excursion Workshop.

This two-day adventure into expanded states of awareness facilitates profound relaxation, deep contemplation, increased intuition, and communication with the higher self and with related energies.

Important personal revelations are commonplace during an Excursion.

Specifically designed exercises with the Hemi-Sync® audio-guidance technology form the core of the workshop, together with explanation, discussion, and supportive group interaction.

Looking for TMI Excursion Workshop in your area?

Details can be found on The Monroe Institute website at the following address:

[http://www.monroeinstitute.org/  
outreach/calendar/](http://www.monroeinstitute.org/outreach/calendar/)



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## TMI Local Chapter Network

### TMI LCN Leadership Council

Candie Sanderson

[CandieSanderson@comcast.net](mailto:CandieSanderson@comcast.net)

Beth Vaughan

[bethsrt@hotmail.com](mailto:bethsrt@hotmail.com)

Andrea Berger

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[laurinbellg@att.net](mailto:laurinbellg@att.net)

Gwen Jones

[jonesgwen@msn.com.au](mailto:jonesgwen@msn.com.au)

Yahoo Group - TMI\_LCN

Email: [tmilcnglobal@gmail.com](mailto:tmilcnglobal@gmail.com)

For previous issues of LCN Connections [CLICK HERE](#)

### LCN Mission Statement

*The Mission of the Monroe Institute Local Chapter Network is to establish independent local communities that will provide continuing support for program graduates as they endeavour to integrate their TMI experience into their daily lives and continue their exploration of consciousness and personal growth.*

*The Local Chapter Network will also provide a point of contact for others wishing to learn more about TMI and its programs.*



## The Monroe Institute Local Chapter Network

**Networking and Connecting Individuals & Communities**

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## Submission Guidelines to the LCN Connections

1. Do you have a story to tell that the LCN community would enjoy or have read a great book you would like to tell others about?

3. Would you like to advise the LCN Community about your Workshop?

Send your submission to  
The Editor LCN Connections  
[tmilcnglobal@gmail.com](mailto:tmilcnglobal@gmail.com)

•Information about workshops and other special TMI events, including local chapter meetings, Excursion Workshops and TMI Residential programs will be disseminated in a neutral and non-partial way by the LCN Leadership Council, for the pur-

pose of informing potentially interested persons and not for the purpose of advertising a particular workshop or event.

•The LCN Leadership Council and the Editor of the LCN Connections maintain the right to edit any given submissions.

•All photos submitted must be in a jpeg format and permission to print from all parties must accompany photos containing people.

**Disclaimer:** The views and content presented in this newsletter are written by and compiled by volunteers of the Local Chapter Network and do not necessarily

reflect those of The Monroe Institute.

**Footnote:** The Local Chapter Network is an organization of volunteers who support the work of The Monroe Institute. Logos and registered or trademarked names are used with the permission of The Monroe Institute.



Editor: Gwen Jones